

**Figure 1:** Effective and Likely Effective therapies for prednisone side effects

| <b>Therapy</b> | <b>Side Effect</b>                  | <b>Effectiveness</b> |
|----------------|-------------------------------------|----------------------|
| Calcium        | Osteoporosis                        | Likely Effective     |
| Magnesium      | Dyspepsia                           | Effective            |
| Melatonin      | Insomnia                            | Likely Effective     |
| Niacin         | Dyslipidemia                        | Likely Effective     |
| Vitamin B6     | Anemia                              | Effective            |
| Vitamin D      | Corticosteroid-induced osteoporosis | Likely Effective     |
| Zinc           | Diarrhea                            | Likely Effective     |

Expanding the list to induce Possibly Effective therapies then covered all of the top prednisone side effects with at least one natural remedy, except for “moon face” for which there are no remedies aside from discontinuing prednisone consumption.